



Vol. 60 No. 28

Thursday, July 11, 2003



## Force Protection

Advise children to never leave home without telling you where they will be and who they will be with. GTMO's curfew for those under 16 is 10pm to 6am on school nights and midnight to 6am when school is not in session.

## Energy Conservation

Encourage employees to be energy conscious.

## Water Conservation

June 30 - July 6

Used 7,182,000.0  
Daily avg. 1,026,000.0  
Daily goal 1,000,000 gal

We were -\$3,458 over budget for the week.

## U.S. Naval Base Guantanamo Bay Gazette

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In keeping with Commander Navy Region Southeast's commitment to the Organizational Development Program, we are pleased to announce that Naval Station Guantanamo Bay is continuing to present Franklin Covey's "The 7 Habits of Highly Effective People."

Maybe you've heard about *The 7 Habits of Highly Effective People*, the best-selling business book of all time.

The 7 Habits workshop is the most dynamic training for personal and professional effectiveness ever developed. You'll learn about tools for managing change as well as acquire tools for transforming your life into one that fosters greater productivity, increased influence in key relationships, stronger team unity, and life balance. During the workshop, you'll experience interactive exercises, case studies, and poignant video segments, and learn from the experiences of other participants.

If you're interested, send an e-mail to Don King at n2031f@usnbgtno.navy.mil. He will reply back to you with details on future workshops.

*The workshop scheduled for August 19-22 is full, but additional workshops are planned for later in the year. Keep watching for workshop announcements.*

## Help Keep GTMO's future beautiful

**Key to a beautiful future - saving our resources through recycling and reuse.**

Recycling participation is dropping. We were at 48% participation (housing residents putting bins out). We are now at 39% (this may be due in part to the number persons off island). Help us pick-up our numbers! Put out your blue recycling bin every Tuesday and get one ticket per bin. Earn 20 tickets and you can get a free T-shirt. Shirts can be picked up at the Recycling Center.

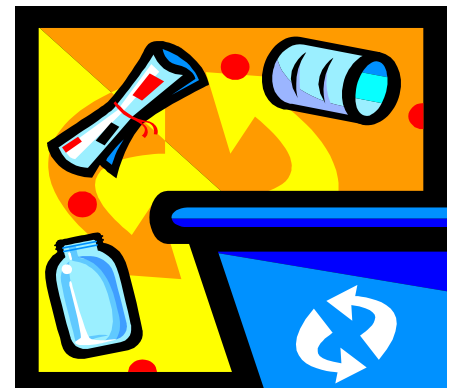
Forget to put out your bin on Tuesday? No problem. Drop your recyclables off at the Recycling Center, Bldg. 1751. Get \$.05 per can or bottle, as well as a ticket toward a GTMO Recycles T-shirt.

### The following items are recyclable:

Plastic Glass Metal Aluminum Tin cans (soup cans) Batteries, aerosol cans (whipped cream, paint, cooking spray, hair spray, etc.) - we don't want these going to the landfill. They blow up when put in the fire.

### Household Hazardous Waste:

PCSing and don't know what to do with your cleaning supplies, paints, oils? You can't pack them up with your Household Goods. Take them to the Hazardous Waste Facility, Bldg. 850, located across from the Ceramics Shop. You can turn in these items for disposal at no cost to you. We want to make sure they do not end up in our landfill.







## An Independence Day Salute

The Naval Station Weapons Department and Naval Station CPOs gathered at McCalla Hill for a commemorative 21-Gun Salute beginning at noon July 4th. Presiding over the ceremony was Naval Station Weapons Officer, CWO2 Paul Prince. CPOs representing Naval Station Departments stood in formation with the Command Master Chief, CMDMC(SS) Al Steiner. During the ceremony, the saluting battery fired a round every 15 seconds as the holiday flag was raised on the McCalla Hill Flagpole.



## NEWS BRIEFS

### WIC Office Open

The WIC Office is now open on Chapel Hill in Room 9. For an appointment or more information on the WIC program, call 2186.

### Navy Day Ball Meeting

Volunteers are needed to assist in the planning of the 228th Navy Birthday Ball and all events leading up to the birthday of the "World's Most Powerful Navy."

If you would like to participate we will have our next meeting Tuesday, July 15 at 10am in Classroom B/C at Bulkeley Hall.

### FFSC Upcoming Classes

The Fleet and Family Support Center is here to serve you. The following classes are scheduled for July. Call 4141 to register or for more information.

**July 15, 9 to 11am - Resume Writing**

**July 17, 9 to 11am - Sponsor Training**

**July 24, 8 to noon - Smooth Move**

### TRICARE Note

Children under 10 years of age can use either parent's or guardian's ID card, but must be enrolled in DEERS. After the age of 10, the child's sponsor should obtain an ID card for the child.

Children under 10 should also have an ID card of their own when in the custody of a parent who is not eligible for benefits.

For more information, contact Ms. Donaldson at 7-2017.

### Hospital Smoking Policy

In consideration of the needs and concerns of smokers and non-smokers alike, smoking is not permitted in the Hospital or on the Hospital compound.

Individuals who wish to smoke must smoke at the gazebo located north of building H-21, Management Information Dept.

# GTMO Youth Enjoying A Fantastic Voyage

## The Youth Center Presents Camp Voyage 2003

GTMO's Youth Center is the place to be this summer for children of kindergarten age to 6<sup>th</sup> grade. The center is hosting Camp Voyage, a summer camp program providing fun, age-appropriate recreational and education activities that help in the development of our youth. Some of the activities that the children are participating in include indoor and outdoor games, arts and crafts projects, field trips, and various special events.

The camp kicked off on June 16th with "Wet & Wild Water Fun." During the week, the children splashed around in kiddie pools, squirted each other with water guns and were even treated to a summer shower courtesy of the fire department.

During week two, the children traveled to the G.J. Denich Gym for "Fantastic Fitness Frenzy" week. The children were treated to a fitness assessment and evaluation and even had time for a supervised workout session.

"Explorers in the Tropics" week taught the children about the

various cultures found in GTMO. It included various expositions on Filipino, Cuban, Jamaican, and Puerto Rican culture.

This week the children will be enjoying "Boogie Oogie Bowling." Below are a list of events and activities the Youth Center has planned for the remaining weeks of Camp Voyage.

**Week 5 - Sports Smash** - soccer, basketball, football, softball, volleyball, skating, etc.

**Week 6 - Ecosystem Extraordinaire** - information on recycling, a beach cleanup, trip to the lighthouse

**Week 7 - Super Swim Sunsation** - water sports at the pool.

**Week 8 - Operation Backpack**

**Week 9 - Crafty & Crazy Ceramics**

**Week 10 - Snappy Snap Shots** - information on taking photos and layout and design.

If you would like to find out how to get your child involved in this fantastic summer voyage, call the Youth Center at 4658.

### SCENES FROM "WET & WILD WATER FUN" WEEK





# Summertime Sun Safety Tips

By JO2 Erik Hoffmann  
NNMC Public Affairs

Warm weather makes people think about outdoor activities. Days full of barbecues, beach and fun in the sun make for a good time.

However, too much of a good thing can be dangerous. Overexposure to the sun can cause cancer.

"The bulk of data suggests that severe, intense sun exposure before the age of 18 contributes significantly (to the development of skin cancer)," said Cmdr. David Mezebish, staff dermatologist and dermatologic surgeon at the National Naval Medical Center (NNMC).

Melanoma is a skin cancer where the normal pigment-producing cells in the skin, called melanocytes, become abnormal. The abnormal cells first spread locally on the skin and can spread to distant areas through lymph nodes.

"It's the most worrisome type; the most dangerous type, unless detected and treated early," added Mezebish. Melanoma usually attacks highly sun-exposed areas of the body, according to Mezebish. It's predominately found on the chest and back of men, and on the legs of women.

The best defense against skin cancer is prevention of

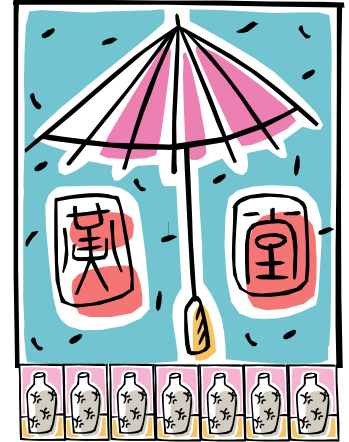
overexposure to the sun. Wear sunscreen with a high SPF if you're going to be exposed to intense sunrays for long periods of time.

"Keep an eye on any kind of changing moles or any new pigmented growths on your body," suggested Mezebish. "See your dermatologist regularly."

Mezebish said the number of melanoma cases is growing annually in America but is still a rare form of skin cancer.

"There are probably about 50,000 plus new cases of melanoma each year. One person an hour dies from melanoma in our country. However, it's by no means the most common type of skin cancer."

Melanoma cases make up only about four percent of new skin cancer cases. Basal cell cases make up 80 percent. Squamous cell cases round off the total at 16 percent. Mezebish said most melanoma patients have a 95 percent success rate of eliminating their cancer if it's detected and treated early.



# Summer Vacations Don't Have To Be Expensive

By NEX Service Command

Now that summer's here, it's time to make plans for your vacation. Between gas, food and hotel costs, it could be an expensive - unless you utilize your Navy Exchange System. With Navy Exchanges, gas stations and Navy Lodges located worldwide, there is a good chance there will be one at or near your vacation destination.

Your Navy Exchange can offer you a variety of products before and after you reach your vacation spot.

Heading to the beach? You'll need plenty of suntan lotion, beach towels, beach chairs, and perhaps a beach umbrella in addition to beach balls, water toys and a good sand shovel.

Going camping? You'll need a tent, sleeping bag, cooking equipment and a fishing rod or two. Are you traveling across the United States to see the countryside? If so, you'll need plenty of film and batteries for your camera, maps, sunglasses and maybe now would be a good time to pick up that camcorder you've been wanting to purchase.

No matter where you're heading this summer, make sure you head to your Navy Exchange first. It has all the merchandise you need, at a savings, to have a great

vacation.

You've finally gotten your bags packed and the family is settled in the car. After a few hours you notice your gas tank is getting low and the kids are ready for lunch, stop at a Navy Exchange.

The Navy Exchange Service Command system has 96 gas stations worldwide, which provide a variety motor fuel products for your travel and recreation needs. Gasoline is priced competitively, averaging between one and four cents below civilian gas stations. If you should need repair service while traveling, we have 55 auto repair facilities prepared to handle nearly every type of auto and light truck repair. Some of our gas stations also have mini-marts where you can pick up convenience items, such as diapers, snack food items and soda for the road.

Another way to help keep expenses down is to make reservations to stay at Navy Lodges while you're gone. With 41 Navy Lodges worldwide, there is probably one at or near your vacation destination. "Staying at a Navy Lodge also offers the convenience of being near all the base amenities," said Michael Bockelman, Navy Lodge Program Director. "You can visit the NEX for snacks, film batteries, and purchase discounted

attraction tickets at the MWR office."

Navy Lodges can save you on the average 40 percent per night compared to comparable civilian hotels. Some of the amenities patrons can find at a Navy Lodge includes cable TV, playgrounds, on-site laundromats, interconnecting rooms, handicapped rooms, non-smoking rooms, cribs, high chairs and snack vending machines. Most rooms also have kitchenettes complete with utensils, so some meals can be cooked and eaten in the room.

Navy Lodge reservations are accepted up to 60 days in advance for active duty on vacation. Retired personnel, reservists, exchange associates and official guests of the command can make reservations up to 30 day in advance of traveling. Reservations are held at Navy Lodges until 6 p.m. without advance deposits or a credit card guarantee and registered guests can not be bumped to accommodate other guests. To get a copy of the Navy Lodge worldwide directory or to make a reservation, call 1-800-NAVY-INN. You can also visit the Navy Lodge online at [www.navy-lodge.com](http://www.navy-lodge.com).

No matter where you're headed this summer, don't forget your Navy Exchange. It can help make your vacation memorable and inexpensive.



*Young patriots help celebrate the Nation's birth during GTMOs 4th of July festivities.*



# ***HAPPY 4<sup>TH</sup> OF JULY***

***GTMO celebrates Independence Day with family fun, lively music and a rousing fireworks display***

*Below: The National Anthem lines, "the rocket's red glare, the bombs bursting in air," performed by Ballentine, was timed perfectly with a backdrop of fireworks overhead.*



*Right: The Blitz 103's JO1 Kristen Loeding ads to the celebration "on air" from the Bayview Patio.*



*Photos by JOC Ric Evans and PH2(SW) Terry Matlock*





*Dressed in holiday fashions of red, white and blue GTMO residents enjoy celebrations at the Sailing Center, Bayview, Jerk House and Tiki Bar. Guests were treated to refreshments, games, crafts and excitement for all ages.*



### Burns & Roe Receive “Green Star” Award

Burns & Roe Services Corporation (BRSC) has been awarded the “Green Star” award for demonstrating superior environmental compliance at the GSE Hazardous Waste (HW)/Hazardous Material (HM) Accumulation Site.

This is a base award and will be awarded quarterly to the HW/HM Accumulation site that demonstrates superior environmental compliance during a continuous three-month period.

HW/HM Accumulation sites are inspected monthly using a comprehensive checklist to evaluate administrative, safety, and environmental requirements related to the storage and handling of HW/HM. The GSE HW/HM Accumulation Site received outstanding environmental inspection reports from February through April 2003.

Specifically, Mr. Marcelino Santos and Mr. Danilo Santos, GSE HW Coordinators, have been commended for their efforts in maintaining an exceptional site. The GSE HW/HM Accumulation site is a model site and is honored to receive the first “Green Star Award”.

This is a new program and sites will be selected quarterly to be awarded the Green Star Award for Environmental Excellence within their area.



NAVSTA Commanding Officer, Capt. Les McCoy presents the Green Star Award to Danilo Santos and Marcelino Santos

## DRMO Customer Service News

Currently, GTMO's DRMO doesn't have a full-time employee and is being manned by other DRMO personnel. Customer Service is provided as follows:

**July 21-24** – Receiving of excess property, 7am to 3pm. Appointments required.

**July 22** – On-site screening for DoD Re-utilization, 7 to 11:30 am and 12:30 to 3pm. No appointment necessary.

**July 25** – Pick-up of DoD reutilized property, 7 to 11:30am and 12:30 to 3pm.

**July 28 & 30-31** – Receiving of excess property, 7am to 3pm. Appointment required.

**July 29** – On-site screening for DoD Re-utilization, 7 to 11:30 am and 12:30 to 3pm.

Read the POW and the Gazette for August and September schedules.

To schedule an appointment to turn in property, call Ms. Terri Dobson, DRMO Jacksonville at DSN 942-3760, ext 44; Commercial 904-542-3760, ext 44. You can also e-mail your request to: [Terri.Dobson@dla.mil](mailto:Terri.Dobson@dla.mil)

Reminder: Information on turn-in procedures and screening for DoD Re-utilization is on our website at [www.drms.dla.mil](http://www.drms.dla.mil).



“Right Item, Right Time, Right Place,  
Right Price, Every Time...Best  
Value Solutions for America's Warfighters “

### Upcoming DRMO Cash & Carry Sale

Mark your calendar's. DRMO Guantanamo will conduct a retail sale Wednesday, August 6 and Thursday, August 7 , 8am to 2pm each day.

Property being offered includes: household furniture, commercial food service equipment, computers without hard drives, printers, computer monitors, various household items, office furniture, and other miscellaneous items.

There is no inspection prior to the sale. Terms are CASH only, and all purchases must be removed the same day as purchased. There are no refunds or exchanges. All property is sold "as is, where is". Limited assistance with loading will be provided on furniture and other bulk items.

## New Post Office Hours Start July 21

In response to customer requests, we are adjusting our business hours to better serve you!

Effective July 21, the new post office finance & customer service hours are:



Monday	0900-1530
Tuesday	0800-1530
Wednesday	0800-1530
Thursday	0900-1530
Friday	0800-1530





# Become a Navy Mentor

When you entered the military, you endured countless hours, days, and months of training. You learned how to march and to break down, clean, and reassemble your weapon. You learned all the things the military thought you needed to know to perform your job. But what about the things they didn't teach you about, the things you still had questions about or didn't quite feel confident about? Where did you get that training and knowledge?

You probably chose a role model, someone to watch and learn from. Now it's your turn to offer your experience and knowledge to someone else. There are several ways you can offer to be a mentor.

The Navy Mentor Program was developed as a test platform to assist Navy leadership in connecting with one another and establishing professional mentoring relationships. The Chief of Naval Personnel sponsors the Navy Mentor Program and directed executive guidance of this pilot program through the Special Assistant for Minority Affairs (PERS-00J).

This voluntary program was developed to assist those personnel who do not have convenient or direct access to an experienced Mentor. During our naval careers, we frequently have unanswered questions or do not know whom to ask such questions. Certainly, the chain of command is available. However, some questions are better asked of an experienced role model that we can readily identify and relate, in other words, a Mentor.

It is the desire of this program to connect volunteer Mentors, in diverse Navy backgrounds, with personnel desiring to become better informed. Throughout this program, such a person will be referred to as a Mentee (a.k.a. Protégé). To read more about mentoring, refer to Navy Mentoring Concept at [www.bupers.navy.mil/pers00j/mentorconcept.html](http://www.bupers.navy.mil/pers00j/mentorconcept.html).

The Navy Mentor Program is not a way to circumvent the chain of command or the structure for official training within the military. It's a way to provide a less formal, one-on-one atmosphere of advice and guidance to help service members become better and more confident. The experiences you've gone through in your military career can be a valuable tool to others trying to make decisions about their own careers or about remaining in the military.

Being a mentor can be as rewarding for the mentor as for the mentee. Knowing that you have been instrumental in shaping stronger military members by helping them gain confidence in themselves and their ability to be leaders will make you stand a little taller, too. Retired Navy Captain Fred Eichel says that mentoring young Navy officers was his way of paying back those who had been his mentors. "There is no better way to pay someone back for helping you learn from their experiences, than to pass on your own wisdom. Just keep the ball rolling."

If you are interested in becoming a mentor or a mentee, visit [www.bupers.navy.mil/pers00j](http://www.bupers.navy.mil/pers00j). Click on sign-up and fill in the required information.

## NAVY MENTOR PROGRAM



## Worship Services

### Catholic Mass

(Main Chapel) **Monday - Friday**  
Daily Mass (Cobre Chapel) 0630

### Friday

Holy Hour/Rosary 1700  
(Cobre Chapel)

### Saturday

Reconciliation 1630  
Eucharist/Mass 1730

### Sunday

Eucharist/Mass 0900  
La Santa Misa (Spanish) 1100  
Eucharistic Adoration  
(Cobre Chapel) Daily 24hrs

### Protestant Services

### Sunday

Services - Main Chapel 1100  
Praise & Worship 1830

### New Life

(Main Chapel) **Sunday**

Worship Service 1245  
Sunday School (Sanctuary B) 1130

### Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

### Sunday

Sunday Sacrament 0900

### Monday

Families Home Evening 1800

### Wednesday

Ladies Relief Society 1900

### Thursday

Young Women 1900

### Jewish

(Fellowship Hall)

Every Friday 2000

### Filipino Bible Fellowship

(Sanctuary A) **Sunday**

Worship 1800

### Iglesia Ni Cristo

(Sanctuary B) **Sunday**

Worship 2000

### Pentecostal Gospel Temple

(Sanctuary C) **Sunday**

Worship 0800 & 1700

### Seventh Day Adventist

(Sanctuary B) **Saturday**

Divine Service 1100

### Islamic Service

(Classroom 18) **Friday**

Worship 1300

### United Jamacian Fellowship

(BLDG. 1036 - Next to Phoenix Cable)

Sunday Service 1100 & 1830

### CampAmerica Chapel

**Sunday**

Praise & Worship 0900  
Bus Transportation available at 8am,  
Windward Loop and 8:15am, TK.

*For information about  
Sunday School, Education  
Programs, Bible Study,  
Prayer Groups, etc. Call the  
Chaplain's Office at 2323.*

## Daisy Girl Scouts

All girls ages 4 to 6  
are invited to join in  
a morning of  
Fun & Friendship  
July 12,  
9 to 11am

Villamar 6B

You don't have to be  
a registered girl  
scout to attend.  
POC Tonja, 7328.



## Join the CPOA



Attention all retired Master  
Chiefs, Senior Chiefs, and  
Chief Petty Officers

If you are interested in  
becoming a member of the  
GTMO CPOA, contact MAC  
Jeffrey Williams at 4185.

# Cuban Racer

By Amy Lambertsen  
PWD Environmental

The Cuban Racer, *Alsophis cantherigerus*, is the most commonly seen species of snake on the base. It is distributed throughout Cuba and prefers habitats such as grassy and wooded areas, as well as gardens and beaches. It is usually observed in xeric (desert or dry) habitats but may also be seen cooling off in the shade of a tree or structure. There are different subspecies of this snake scattered throughout the Antilles. This snake is also related to the more familiar North American Black Racer but with the added adaptation of mild venom in its saliva delivered by enlarged rear teeth and very pungent musk glands.

The body of the Cuban Racer is a light or grayish brown with black speckled on its dorsal surface, or topside. The Racer also has a dark brown or black stripe passing from the nose, through the eyes. They mostly grow to be two to three feet long but can exceed five feet and two inches in diameter. Unlike some snakes that have elliptical pupils, the Cuban Racer has round pupils. The scales under its tail area are divided as opposed to entire scales on other areas of the body. These scales have 2 apical pits at the tip which are used in delivering the musk odor from the glands.

The Cuban Racer is a diurnal creature, meaning it is very active during the daytime. It is a predator and will consume just about any small prey item it comes across, which includes, but is not limited to, curly-tail lizards, anoles, frogs, and even sea turtle hatchlings. When approached, they will quickly slither out of sight, and when it feels it is threatened it has the ability to flatten the ribs in its neck, producing an appearance of a cobra-like hood. Although there are no poisonous snakes on Cuba (i.e. vipers), the Cuban Racer uses its mild venom in the saliva to help subdue prey. The large grooved teeth at the back of its mouth inject the toxin into the prey. Like their North American cousins, Cuban Racers are somewhat aggressive when threatened and, when handled, will attempt to bite in a viscous manner. Therefore, it is strongly advised to not bother this or any other species of snake, even though the venom in its saliva, in most cases, will not affect humans. Unlike boas, the Cuban Racer is not a constrictor.

The female Cuban Racer, depending on her size, will lay clutches

## Creature Feature

*"Creature Features" are submitted by  
The Guantanamo Bay Environmental Office*



Cuban Racer photo by MA1 Michael Perry.

or a group of eggs of about 2-10 or more. The eggs are laid in late summer to early fall, and the young will hatch usually about 30 days later and are about 8 inches in length.

Because Cuban Racers are abundant and have adapted well to the human environment, personnel will most likely encounter them near their homes and work places. Their presence does not mean the snake is a nuisance in need of control. They are actually very beneficial snakes who exert a level of control over mice, rats, and other pests. So if you see one, leave it alone or if you feel you must have it moved, call Environmental at 4493 or Security at 4105.

## Environmental Reminders

- ✓ Gray and Yellowtail Snapper season closed in July
- ✓ Lobster season closed in Manatee Zone
- ✓ Snook season closed May, June, and July
- ✓ Think about this: Americans throw away enough aluminum to rebuild the commercial aircraft fleet every three months. Recycle!
- ✓ Help keep plastic and other debris out of the water and off the beaches
- ✓ 20 Recycle tickets earns you a free T-shirt

## Community Flea Market



It's that time again! The Great GTMO Community Flea Market is set for July 26, 7 to 10am at the Elementary School Gym.

Clean out your closets and drawers.

Make some money!

Set up will be Friday evening, July 25 from 6 to 8pm. To reserve space to sell your treasures, call

Cel McMillan at 7597 or JoAnn King at 2774. There is no fee. This event is open to the entire community.



# GTMO SHOPPER

## FOR SALE

(1) Home Interior items, Tupperware and Stampin Up stamps for sale. Some new some used. Call Esther at 7055 (AWH) for more details.

(1) Maroon leather couch & love seat (3 months old), \$1,300; complete ladies dive gear set, size XL, \$300. Call 7528.

(1) Washer/Dryer set, \$175. Call 7311.

(1) Refrigerator w/ice maker (white), \$200; 1 Meter satellite dish, \$25; round concrete patio set, \$150. Call Diane, 7892.

(1) Item for sale - matching sofa and love seat, recliner, futon sofa/double bed and 2 futon chairs w/ottoman, corner dining room set (pine finish), coffee and end tables, bar stools, small metal entertainment center, kitchen appliances, dishes, glasses, pots and pans, clothing, plants, some electronics - many other odds and ends. You name it, and I probably have it. Call AWH 2223.

(1) Children's bike - excellent condition, \$50. Call Dana at 5816.

(1) Moving Sale - refrigerator, washer/dryer, dining table, dressers, bunk beds and more. Call 7945.

(1) HP 640C Color Printer w/installation CD and new ink cartridge. \$100. Call Granville at 7384(H) or 6277(W).

(1) 25 inch Sharp t.v., only 2 months old. Bought for \$205, will sell for \$185. Selling due to receipt of HHG and no longer required. Call Dan, 5146 (w) or 7322 (h).

(1) Daybed ensemble, seashell motif, incl coord sheet set, comftr, dust rfl, 3 std shams, curtains, table topper, bedside lamp. Colors: off wht/taupe/pastel aqua/peach/grn. Very lovely, EC, \$150/firm, Mickey at 5666/AWH.

(1) Dive Gear for sale - women's Sherwood Spirit BC size small, Sherwood Magnum II Regulator, Sherwood 5000 Tank, Weight Belt w/weights. \$500. Call Lisa at 5719.

(1) 18in gold (14kt) chain, \$350. Gold pendant (14kt), \$250. Call (DWH) 4222/3797 or (AWH) 2783.

(1) 3ft DSS Channel Master Antenna. \$100. Call Granville, 7384(H) or 6277(W).

(2) Make me an offer and it's yours! Twin size bed frame (headboard, footboard, spring frame), Little Tykes plastic doll-house w/accessories, Pooh Bear playhouse w/accessories, Mega Blocks with wagon. FMI, call Stephanie at 7433.

(2) Tire and rims for VW Jetta - 15in m/w with rims. 195-50 Perilli Tires. \$300. AWH 5340 or DWH 4203.

(2) Scorpio green bicycle, \$50 - includes helmet and bicycle pump. Call Henry Espinosa, 4289 or 8176.

(2) Four (4) ea trim/tilt units. Will fit Johnson and Force 90-115hp motors, \$100 ea. 1992 GTX jet ski w/trailer. Motor runs good, \$1100. Call 7401.

(2) Compaq Computer - 128 SD Ram, 40 gig hard drive, printer scanner, monitor. Also small copy machine and fax machine. Call 2223 AWH.

(2) Rear bumper from 2001 Ford Ranger; accepts tow-hitch. Excellent condition, \$150. Call Amber at 2101/2212 or 5713.

(2) Ladies clothes, sizes 8 & 10 petite and regular, new/like new. Call 5212.

(3) Mountain bike, \$75. Call 7892.

(3) Pentium 3 Processor, 800MHZ, 30GB hard drive, 574MB SDRAM, WindowsXP Professional, 56K modem, 52XCDRW, CDR Drive, 15" flat screen monitor, mouse, keyboard and 2 desk top speakers. \$500, firm. Call Granville, (h) 7384 or (w) 6277.

(3) Sportsrider exercise glider for sale, \$50. Call 7778.

(3) Playstation2 video games. Great condition. \$20-25 each. Call before 9pm, 5668. Ask for Cory or Megan.

(3) Complete surround sound system, Technics receiver 120 W Model SAGX470 w/ remote; Pioneer CS-G404 3-way front speakers; Sony SS-SR100 rear speakers; Sony SS-CN100 center speaker. Includes Panasonic Omnisvision VCR w/ remote. \$550; with 20" TV \$650; with 25" TV \$750. Good condition. Call 5338 after 4:30pm or leave message.

(3) Playstation 2, \$150; PS2 games - Ratchet & Clannk, Swing Away Golf, Blood Rayne, Onimusha, Wreckless and Primal, \$20 each; X-Box game, Burnout, \$20. FMI, call 7096.

(3) New - Whites IDX Pro Metal Detector, \$450. FMI, call 7096.

(3) 20in. JVC I-Art Television - less than one year old. Paid \$220, asking \$200 OBO. FMI, call 7535

(3) Coleman Propane Grill. Paid \$80, asking \$50 OBO. Call 7535.

## VEHICLES/BOATS

(1) 1987 Cutlass -has title, new tires, new battery and spare alternator. \$1,300 OBO. Call 7170 after 5pm.

(1) 1986 Buick LaSabre - AM/FM/CD stereo. Very good condition. Call 7456.

(1) GTMO Special - 1984 Chrysler - 4-door, runs good. Best Offer. FMI, call (DWH) 4222/3793 or (AWH) 2783.

(1) Scuba Doo Dive Van, \$1,200 firm. New Tires, new Gauge Cluster, new Starter. Van is set up for diving w/tank racks and equip hangers throughout. AM/FM/CD, power inverter and lights,

Coleman portable Gas grill and 100Q cooler included. Call Alan Bledsoe, 8350.

(2) 1993 Dodge Shadow, 4 dr hatchback, AT, AC, 2 Litre. Have maint. & repair records. Available in August. \$3,000. Call 5212.

(2) 1995 VW Jetta. \$5,000 OBO. Good condition. FMI, call (DWH) 4203 or (AWH) 5340.

(3) 1984 Toyota Pick-up Supercab. Good engine, new water pump. Asking \$1,500. Call 2550/7702.

(3) BORED? Need an outlet? Why don't you and your friends buy this GREAT 24Ft. pontoon boat with 50HP Force Motor? Comes with 26Ft. Aluminum trailer. Has Galley, Head and built in bar stools! Carries 10 people comfortably. Perfect condition, rebuilt engine, but needs a little fine tuning. Don't GTMO fun than this! Email: Strikex411@aol.com.

## EMPLOYMENT

**CERTIFIED AEROBIC AND SPINNING INSTRUCTORS** - The GJ Denich Gym is looking for certified aerobic and spinning instructors. If you have these qualifications and are interested in joining the MWR Team, call DD or Karissa at 2193.

**MEDIA AND MARKETING ASSISTANT** - The MWR Media and Information Office is looking for a media and marketing assistant. If you have qualifications and are interested in joining the MWR Team, stop by the MWR Personnel Office and fill out an application or for more information call 4323.

**LOOKING FOR FUN AND FRIENDLY SALES PEOPLE!** Do you swim? Do you like to Dive or Snorkel? Ocean Enterprises is hiring again and for full and part time hours. M-W-F 2pm to 7pm, Sat 9-6 and Sun 9-5. Contact 5336 FMI.

Many full-time positions are available at your NEX. They are as follows: Support Services Supervisor, Cashier/Checkers, Cash Cage Cashiers, Room Attendant (Navy Lodge), Store Workers, Customer Service Clerk and Warehouse Worker. Also, Calling all Barbers, Hairstylists and Manicurists who have current stateside licenses and would like to work in our newly renovated Salon, Full-Time or Part-Time. Call 4119 for more info.

## WANTED

Bicycles - used, broken or unwanted - for parts or repair for non-profit Bike shop. Bikes will be repaired using used or new parts as available. The only charge will be for new parts as needed. I enjoy working on bikes as a hobby. Will pick up donated bikes. For more information, email howard.kingsley@us.army.mil or call 8068. Drop off bikes at Windward Loop 18D

Double Stroller wanted. Preferably a Graco Douglider or Jeep Wrangler, but will consider others. Call Tammy at 5724 with price you would like to sell and description of condition.

Looking for Dungeons and Dragons players, all skill levels. FMI, contact Jimmy, 7-2550.

Want to Trade - 1990 8 cyl Dodge Van for an 8 cyl pick-up. Call 5350.

## SERVICES

Non-profit bicycle repairs. The only charge is for new parts as needed. Used parts come from donated used, broken or unwanted bikes. FMI, call 8068 or email howard.kingsley@us.army.mil.

Need a night out or just some time to yourself? Experienced Red Cross certified babysitter. Call Jessa, 7876.

## ANNOUNCEMENTS

**LICENSE PLATES are back**— If you'd like to order a personalized GTMO plate, call Diane 7892. Same price \$25.

**BLDG 2147 Residents** - Through September 22, Bldg. 2147 is undergoing parking lot expansion and renovations. Parking will be minimal. Maps and information will be posted in the lobby.

**AVON** calling; need AVON Products? Call RUTH at 5579, leave message.

## YARD SALES

Sat., July 12, from 6-9am at CP-16A. Adult, children and Infant clothes, shoes, children and baby toys, bicycles, household items, many other things. No early birds, please.

Sun., July 13, 9am to noon at Evans Point 391. Washer/dryer, dining table w/4 chairs, bunk beds, dressers, side-by-side refig./freezer, etc.

## LOST & FOUND

Lost - Nokia cell phone at Fisherman's Point on Saturday, July 5. Call Clifton, 5230.

Lost by the post office docks: a bag full of snorkel gear. Three sets of fins, one bootie, and two masks with snorkels. REWARD! Call 5598.

Lost: Camera case at the Windjammer on Sat., July 5. Case contains camera, IDs, and other items. Please return to Security or call 7520.

Lost: Ladies two-tone ankle bracelet with hearts. Was anniversary gift. Reward. Call 7985.

Found: Men's gold band at Cable Beach. About a size 9 1/2. Call to identify and claim. Call Tammy or Jason, 5724.

## THE MATRIX RELOADED

Sci-Fi/Fantasy  
2 hrs. 18 min.

*Starring:*  
Keanu Reeves,  
Carrie-Anne Moss,  
Laurence  
Fishburne



Neo, Morpheus, Trinity, and the rest of their crew continue to battle the machines that have enslaved the human race in the Matrix. Now, more humans are waking up out of the matrix and attempting to live in the real world.

## HOLES

Kids/Family  
1 hr. 57 min.

*Starring:*  
Sigourney Weaver,  
Jon Voight,  
Shia LaBeouf



An unusual young hero, dogged by bad luck stemming from a family curse is sentenced to detention at Camp Green Lake for a crime he didn't commit. There, he is forced to dig holes in order to build character. Nobody knows the real reason they're digging all these holes, but Stanley soon begins to question why the Warden is so interested in anything special the boys find.

## X2 - X-MEN UNITED

Sci-Fi/Action  
2hr

*Starring:*  
Patrick Stewart,  
Hugh Jackman,  
Halle Berry



The X-Men have opponents new and old to face this time around. Magneto is back, but there is also a threat to Professor Xavier's school for mutants lead by a human named Stryker, not to mention a vicious woman named Yuriko who has it in for Wolverine.

# Movies

## FRIDAY, JULY 11

8pm X2 - X-Men United

PG13 120min

10pm Identity

R 90min

## SATURDAY, JULY 12

8pm Daddy Day Care

PG 94min

10pm The Matrix Reloaded

R 138min

## SUNDAY, JULY 13

8pm HOLES

PG 117min

## MONDAY, JULY 14

8pm Bulletproof Monk

PG13 120min

## TUESDAY, JULY 15

8pm X2 - X-Men United

PG13 120min

## WEDNESDAY, JULY 16

8pm The Matrix Reloaded

R 138min

## THURSDAY, JULY 17

8pm Daddy Day Care

PG 94min



### Liberty Center Night Fishing

July 11 - 5:30pm to midnight

Sign-up at the Liberty Center front desk. Skipper, poles, bait, snacks and sodas will be provided.

FMI call 2010

### Yoga Classes

No Yoga classes July 12-15.

The instructor is off island.

### Step Aerobics

There will not be any step aerobic classes on the following days and times until further notice.

Tuesdays & Wednesdays 8:30 - 9:30am.

Monday, Wednesday and Friday

5 to 6pm.

### Spinning Classes

No Spinning classes July 11-25.

The instructor is off island.

### MWR Ceramics & Pottery Christmas in July

Inventory Reduction Sale

Friday, July 18 - noon to 7pm

Saturday, July 19 - 10am to 7pm

Sunday, July 20 - 10am to 7pm

FMI call 4795

### Youth Center

July 11 - Skate Night

Bring your own skates and helmet

FMI call 4658

### Teen Center

July 11 - Paintball Challenge

FMI call 4658

### Vacation Planning at MWR ITT

The MWR ITT staff will assist with travel arrangements for any location in the world.

MWR ITT hours of operation are Mon - Fri

7:30am to 4:30pm. Find out information

about special attractions, hotels, car rentals and more. The MWR ITT Office

is located in the base library.

FMI call Andre Gordon at 4700

### Parent's Night Out at CDC

July 19th 6:30pm to Midnight

A reservation fee of \$2.50 is due by July 16th to hold a spot for your child(ren). An

additional fee of \$1.50 is due for each

additional child. The reservation fee is

non-refundable. One hour-\$2.50, two

hours-\$5 and three or more hours-\$12.

FMI call 3664

For more information on any of the events listed above, call 5225.